

## ABSTRACT OF THE DISCLOSURE

A joint distraction device for facilitating joint arthroscopy disclosed. In the first embodiment of the invention, the distractor disclosed is a series of fluidly fillable spheroid members to form a toroid. The joint distractor is placed between articular cartilage surfaces and filled to hold the joint surfaces apart. In a second embodiment of the invention, a string of spheroidal members is disclosed. The spheroidal members have varying diameters and are used to separate the articular surfaces of a joint.